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**Tuesday**



**AGE IS ONLY A NUMBER**

**'South Park'** reaches a milestone: 15 seasons of offending viewers **29**

**POSTHUMOUS HONOR**

**A scientist wins the Nobel** days after dying from cancer **6**



**CAMP CONTROVERSY**

**Rick Perry's** record on racial issues comes under new scrutiny **3**

OCTOBER 4, 2011 | A PUBLICATION OF *The Washington Post* | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

## KNOX GOES FREE

The American's four-year ordeal is over after an Italian court throws out her murder conviction **13**



PIER PAOLO CITTO/AP



**66 | 52**



FOR EXTENDED FORECAST, SEE PAGE 33





eye openers

THE PERILS OF SMALL SAMPLE SIZES

Number of Hot-Air Balloons Has Increased Nearly 5 Percent Since 2000!

Organizers of a New Mexico hot-air balloon festival say they've broken their own world record. Independent counters reported that 345 hot-air balloons took to the air in one hour Saturday at the 40th Albuquerque International Balloon Fiesta. That's 16 more balloons than at the 2000 Albuquerque Balloon Fiesta, when the previous record was set. (AP)

BIRTHDAYS

Three Generations to Receive 'Cars' Cakes for Next Decade

A baby born this past Thursday in Ogden, Utah, will find it easy to remember his mother's and grandmother's birthdays. Stetson Green, his mom and his maternal grandmother were also were born on Sept. 29. Mom Candice says she wasn't due until Oct. 7 and Thursday's birth was a "total surprise." (AP)

REALLY??

Readers of This Item Should Insure Their Incredulity


A hotel worker who tests beds for Premier Inns, a British chain, says she's insured her derriere for 4 million pounds (about \$6.2 million), London's Metro newspaper reports. Natalie Thomas is the company's "director of bed bouncing," charged with finding lumps in the chain's mattresses. (EXPRESS)

The Big Picture



**WHEEEEEEEEEEE:** BASE jumper Carlos Schutte, of Venezuela, descends from the Kuala Lumpur Tower during the KL Tower International Jump in Kuala Lumpur, Malaysia, on Sunday. BASE stands for the places from which such jumpers usually jump: buildings, antennae, spans (bridges) and earth (cliffs). (AP)

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COURSES HELD IN ARLINGTON, VA.



# Perry's Race Record Scrutinized

Hunting camp flap recalls GOP hopeful's complicated history

## Washington

As governor of Texas, Rick Perry appointed the first African American to the state Supreme Court, and later made him chief justice. He appointed the first African American to be chairman of the Board of Regents of Texas A&M University, his alma mater. One chief of staff and two of his general counsels have been African American.

Perry, who is seeking the Republican nomination for president, also enjoys warm associations with many black leaders, who say he regularly reaches out to them and has personally backed some of their causes.

"When you look at the way that he governs, you see that he is very inclusive," said Brian Newby, an African-American who served first as Perry's general counsel and then his chief of staff. "You see that in his appointments; you see that in his friendships; you see that in



ADRIAN SANCHEZ-GONZALEZ/AP/GETTY IMAGES

Some lawmakers say Republican Rick Perry has engaged in racially divisive tactics.

## 55%

The percentage of Americans who expect a Republican to win the White House in 2012, according to a Washington Post-ABC News poll.

the way that he deals with minority legislators."

But many of those minority legislators say Perry has a long history — dating to his first race for statewide office more than 20 years ago

— of engaging in racially-tinged tactics and rhetoric that give them misgivings about the governor.

Perry's record on matters of race is attracting new scrutiny following The Washington Post's account of a secluded West Texas hunting property that Perry and his father leased that has long been known by a name containing a racial epithet.

The name, "Niggerhead," was painted in block letters across a

## Primary Date Set

South Carolina has set its primary date for Jan. 21, likely pushing up the GOP presidential race to start shortly after New Year's or even earlier. The state is the first of the four states holding early contests to select its date. Now all eyes are on New Hampshire, whose decision on its primary date will determine when Iowa and Nevada will set their caucuses. (THE WASHINGTON POST)

large rock flanking the property's entrance. Perry has denounced the story and described the word as "an offensive name." But it remains unclear whether he dealt with it while using the hunting camp.

Some black leaders in Texas said the story is a political liability. On Monday, African-American state senator from Houston, Rodney Ellis, said Perry will have to prove he sought to remove the property's name as soon as he learned of it. "This story is exposing ... all of those awful things about Texas history we'd like to forget," Ellis said. (THE WASHINGTON POST)

## In Brief



Occupy Wall Street protesters dress as corporate zombies Monday in New York.

## NEW YORK

### Anti-Wall Street Protests Proliferate Nationwide

Protests against Wall Street spread across the country Monday as demonstrators marched on Federal Reserve banks and camped out in parks from Los Angeles to Portland, Maine, in a show of anger over what they see as corporate greed. In Manhattan, hundreds dressed as "corporate zombies." (AP)

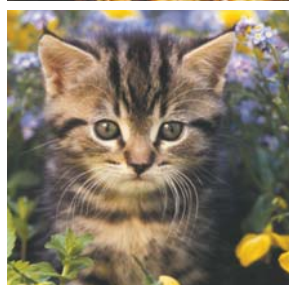
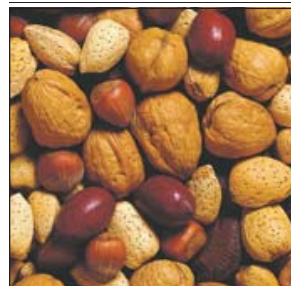
## WASHINGTON

### Obama: I Have No Regrets About Solyndra Loan

President Obama said Monday he does not regret a \$528 million loan to a solar energy company that later collapsed, saying officials knew a clean energy loan program would not back winners 100 percent of the time. The President added that "hindsight is always 20-20" when asked whether his administration had ignored warnings about Solyndra. (AP)



**You Never Write:** The typical American household receives a personal letter in the mail once every seven weeks on average these days, according to an annual survey by the U.S. Postal Service. The avalanche of advertising still arrives, of course, along with magazines and catalogs. But personal letters — as well as the majority of bill payments — have largely been replaced by email, Twitter, Facebook and the like. (AP)



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## Nation

# Study: HPV Can Cause Oral Cancer

### Washington

A prolonged sore throat once was considered a cancer worry mainly for smokers and drinkers. Today there's another risk: A sexually transmitted virus is fueling a rise in cases of oral cancer.

The HPV virus is best known for causing cervical cancer. But it can cause cancer in the upper throat, too, and a new study says HPV-positive tumors now account for a majority of these cases of what is called oropharyngeal cancer.

If that trend continues, that type of oral cancer will become the

**10,000**

The number of new U.S. cases of oropharyngeal cancer per year. (AP)

nation's main HPV-related cancer within the decade, surpassing cervical cancer, researchers from Ohio State University and the National Cancer Institute report Monday.

"There is an urgency to try to figure out how to prevent this," says Dr. Amy Chen of the American Cancer Society and Emory University.

While women sometimes get oral cancer caused by HPV, the risk is greatest and rising among men, researchers reported Monday in the Journal of Clinical Oncology. No one knows why, but it begs the question of whether the cervical cancer vaccine might protect against oral HPV.

HPV vaccination is approved for boys to prevent genital warts and anal cancer. But protection against oral HPV hasn't been studied in either gender, says Dr. Maura Gillison, a head-and-neck cancer specialist at Ohio State and senior author of the new research. (AP)

### Chemical Mixing Sparks Texas Plant Fire



LARA SOLT/AP

**A PLUME OF SMOKE RISES** Monday from the Magnablend chemical processing plant in Waxahachie, Texas. The fire sparked as workers mixed chemicals, forcing schoolchildren and residents to evacuate to avoid possible exposure to dangerous gases. The blaze destroyed a fire truck, but no injuries were reported.



### ANNOUNCEMENTS

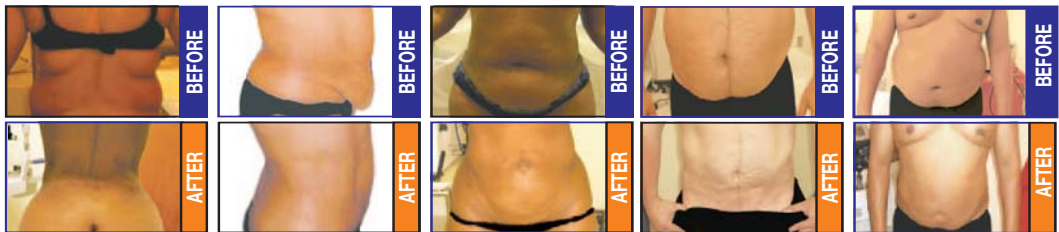
### Great Expectations

**Apple fans are amped.** The computer and gadget maker is expected to announce a more powerful version of its wildly popular smartphone Tuesday — more than a year after it unveiled the iPhone 4. The event will be Apple's first major product unveiling without Steve Jobs, who resigned his CEO post in August. (AP)

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- Lecture in the Albert Einstein Planetarium 5:45 PM
- Star Gazing at the Public Observatory (Weather Permitting) 6:45 PM

## OCTOBER LECTURES

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**Gareth Morgan**

*Geologist, Center for Earth and Planetary Studies*

**OCTOBER 8, 2011**

Using Smithsonian research, Gareth Morgan will talk about ways in which Earth-based radar contributes to understanding the Moon's history.

HOW TO LEARN A STAR'S TRUE AGE

**Soren Meibon**

*Astronomer, Harvard-Smithsonian Center for Astrophysics*

**OCTOBER 22, 2011**

How can we tell if a star is one billion or 10 billion years old? Soren Meibon will present challenges and possible new solutions to measuring the ages of stars.

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## Related Program

CLUSTERS OF GALAXIES AND RADIATION FROM THE BIG BANG

**Rashid Sunyaev**

*2011 John N. Bahcall Distinguished Lecturer, Space Telescope Science Institute*

**OCTOBER 21, 2011**

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- Meet the Lecturer/Questions and Answers 7:30 PM
- Lecture 8:00-9:00 PM
- Star Gazing at the Public Observatory (Weather Permitting) 8:30-10:00 PM

*The John N. Bahcall Lecture, which is cosponsored and hosted by the National Air and Space Museum, is part of the Space Telescope Science Institute's Distinguished Visiting Scientists Program and is made possible by the generous support of the Hubble Space Telescope Project/NASA Goddard Space Flight Center.*

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## World

## Deceased Scientist Wins Nobel

Officials: Panel was unaware laureate had died days earlier

## Stockholm

Ralph Steinman, a pioneer in understanding how the cells of the body fight disease, tried to help his own immune system thwart his pancreatic cancer.

Steinman survived until Friday. Three days later, he was awarded the Nobel Prize in medicine.

The Nobel committee, unaware of his death, announced the award Monday in Stockholm. Steinman's employer, Rockefeller University in New York, learned he had died only after the Nobel announcement.

Steinman's wife, Claudia, said the family had planned to disclose his death Monday. Nobel officials said they believed it was the first time that a laureate had died before the announcement without the committee's knowledge.

Since 1974, Nobel statutes don't allow posthumous awards unless a laureate dies after the announcement but before the Dec. 10 award



## Backstory ...

**Ralph Steinman, 68**, was the head of Rockefeller University's Center for Immunology and Immune Diseases. He died Sept. 30 of pancreatic cancer, the university said. He underwent therapy based on his discovery of the immune system's dendritic cells, for which he won the Nobel Prize in medicine. Steinman's discovery dates back to 1973, when he found a new cell type, the dendritic cell, which has a unique capacity to activate T-cells. Those cells have a key role in adaptive immunity, when antibodies and killer cells fight infections. (AP)

**"It is incredibly sad news. We can only regret that he didn't have the chance to receive the news he had won the Nobel Prize."**

— **LARS HEIKENSTEN**, NOBEL FOUNDATION CHAIRMAN, SPEAKING ABOUT THE DEATH OF RALPH STEINMAN, WHO RECEIVED A NOBEL PRIZE MONDAY, THREE DAYS AFTER HE DIED.

ceremony. That happened in 1996, when economics winner William Vickrey died days after the announcement.

The committee said Steinman's prize would stand and his survivors would receive his share of the \$1.5 million prize money.

Steinman, 68, was awarded the

prize along with American Bruce Beutler and French scientist Jules Hoffmann. They were honored for discoveries about the body's disease-fighting immune system.

The work of the three men has enabled the development of improved vaccines against infectious diseases, and in the long term could yield better treatments of cancer, rheumatoid arthritis, Type 1 diabetes, multiple sclerosis, and chronic inflammatory diseases, prize committee members said.

The work could also help efforts to make the immune system fight cancer, the committee said.

Experts disagree whether Steinman's research helped him live for 4½ years after he was diagnosed. A colleague in his lab thinks it did: The odds of making it even a year with his type of cancer are less than 5 percent.

The medicine award began a week of Nobel Prize announcements, and will be followed by the physics prize on Tuesday, chemistry on Wednesday, literature on Thursday and the Peace Prize on Friday. The economics award will be announced on Oct. 10. (AP)

2

The number of Nobels awarded posthumously: U.N. Secretary-General Dag Hammarskjöld won the 1961 Peace Prize a month after his death, and poet Erik Axel Karlfeldt won for literature in 1931. (AP)

## In Brief

## RAMALLAH, WEST BANK

## Palestinians: \$81M in Aid From U.S. Is Suspended

Palestinian officials said Monday that the U.S. suspended two West Bank development projects worth \$55 million and \$26 million after Congress froze funding to dissuade the Palestinians from seeking U.N. recognition of an independent state. It's the first concrete sign of repercussions for the Palestinians' decision to defy Washington on the issue. (AP)

## TRIPOLI, LIBYA

## Libya Shakes Up Cabinet

Libya's transitional leaders named a new Cabinet on Monday and vowed to step down after the country is secured, a move designed to show the North African nation is moving on though fighting persists and Moammar Gadhafi remains at large. Still, the Cabinet lineup did not contain many changes. (AP)

## KABUL, AFGHANISTAN

## Karzai Eases Rhetoric On Neighboring Pakistan

Afghan President Hamid Karzai said Monday that Pakistan has broken promises to help end the Taliban-led insurgency but that he hopes the two countries can work together like brothers—softening his rhetoric after days of tough talk in which he had suggested relations were about to break down. (AP)



**Cocoa Aplenty:** Ivory Coast on Monday said the world's leading cocoa producer yielded a record crop despite a political crisis that led to a ban on exports earlier this year. Officials said the African nation produced 1.48 million tons of cocoa, a 25 percent increase, though a "significant quantity" is being smuggled to neighboring countries. Laurent Gbagbo's refusal to cede power plunged the country into months of instability. He was ousted in April. (AP)

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## World

### Syrians: 3K Arrested in 3 Days

#### Beirut

Syrian troops have detained more than 3,000 people in the past three days in the town of Rastan, which saw some of the worst fighting of the six-month-old uprising recently, Syrian activists said Monday.

Over the past week, the military fought hundreds of army defectors who sided with protesters in Rastan. The fighting demonstrated the increasingly militarized nature of the uprising.

And a sign that President Bashar Assad's regime might be reaching beyond Syria's borders in its crackdown, Amnesty International said Monday in a report that Syrian expatriates in eight

#### Meanwhile ...

**The fears of civil war in Syria** were heightened by the assassination Sunday of the 21-year-old son of Syria's top Sunni Muslim cleric and a loyal regime supporter, the latest in a string of targeted killings. Grand Mufti Ahmad Badreddine Hassoun's son was buried Monday. The regime has accused terrorists of the killings. The opposition has accused the regime of trying to foment sectarian strife to maintain its grip. (AP)

countries, including the U.S., have been harassed by embassy officials and others believed to be acting on behalf of the regime. (AP)

### Floodwaters Slowly Receding in Philippines



BULLIT MARQUEZ/AP

**A VILLAGER WADES THROUGH A STREET** Monday in Calumpit, Philippines. Floodwaters are subsiding after back-to-back typhoons struck the northern portion of the archipelago last week, killing at least 60 people.

#### Hearsay

**"People should know all these [responsible] will be pursued. ... God willing, the traitorous hands will be cut."**

— **SUPREME LEADER AYATOLLAH ALI KHAMENEI**, WHO HAS THE FINAL SAY IN ALL MATTERS OF STATE IN IRAN, ALLUDING MONDAY TO AMPUTATION FOR THOSE IMPLICATED IN A \$2.6 BILLION FRAUD CASE CALLED BIGGEST FINANCIAL SCAM IN IRAN'S HISTORY. SUCH PUNISHMENT CAN BE IMPOSED BY IRANIAN COURTS ON REPEAT THEFT OFFENDERS.



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ALL SUNGLASSES

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## Circulator Moves East of River

New line will connect Potomac Avenue to Skyland neighborhood

### Washington

The District Department of Transportation has launched the first D.C. Circulator bus route east of the Anacostia River.

The buses connect the Potomac Avenue Metro station with the Skyland neighborhood, east of the river, via the Barracks Row entertainment and restaurant center on Eighth Street SE. The buses are scheduled to operate every 10 minutes from 6 a.m. to 7 p.m. week-



Along with the Union Station line, the Potomac Avenue line will serve Barracks Row.

days through March 31, and then they'll switch to 6 a.m. to 9 p.m. weekdays and 7 a.m. to 9 p.m. Saturdays through Sept. 30.

The stops along the route include three Metro stations.

Besides, Potomac Avenue on the Blue and Orange lines, there's the Anacostia station on the Green Line, and Eastern Market, also on the Blue and Orange lines.

(THE WASHINGTON POST)

### New Line Details

Here's the list of some of the stops for the new route east of the river.

- ▶ Potomac Avenue Metro to Skyland line: Pennsylvania Avenue and E Street SE; Eighth and D streets SE; Eighth and G streets SE; Eighth and L streets SE; Anacostia station; Martin Luther King Jr. Avenue and W Street SE; 1225 Good Hope Road SE; Good Hope Road and 14th Street SE
- ▶ Skyland to Potomac Avenue line: Naylor and Good Hope roads SE; Good Hope Road and 25th Street SE; Good Hope Road and 18th Street SE; Good Hope Road and 14th Street SE; Anacostia Metro station

## Police ID Man Found Near Rockville Stop

Rockville, Md.

Metro officials have identified a man found dead on tracks near the Rockville Metro station this past weekend as Benoy Chacoko, 37, of Gaithersburg, Md.

Dan Stessel, Metro's chief spokesman, said it appears Chacoko "may have been clipped by a passing train."

Stessel said rail cars and other equipment that were in that area on early Saturday morning were checked for signs that they had hit someone, but no indications were found. (THE WASHINGTON POST)

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Mary Monaco, left, 12, chats online with her brother, Michael Monaco, 18, a freshman at the College of William and Mary on Sept. 23.

## Kid Siblings, Left Behind

College transitions for those still at home require delicate care

### College Park, Md.

When Josh Tarr started his freshman year at the University of Maryland a few weeks ago, his younger sister found herself without a chauffeur and back on the school bus. And, suddenly, there was no one around to tease her in the cafeteria.

"It's been weird," Kayla Tarr, 15, said of life at home in Louisiana since her big brother left. "A lot of times my brother would annoy me, but now I kind of miss him annoying me."

So much energy goes into ensuring that freshmen smoothly transition to college life and that moms and dads can cope with the separa-

tion. Meanwhile, younger brothers and sisters are often forgotten.

Up to this point, many of these siblings had to live in the shadows as parental energy was focused on college applications, campus visits, senior prom, graduation, shopping for dorm stuff and preparing for the big move.

**"A lot of times my brother would annoy me, but now I kind of miss him annoying me."**

— KAYLA TARR, 15, WHOSE BROTHER JOSH BEGAN IS ATTENDING THE UNIVERSITY OF MARYLAND-COLLEGE PARK NOW.

"Suddenly, the big dog is gone," said Marshall Duke, a psychology professor at Emory University. "It's not a bad thing. It's like pruning

a flower garden. ... You trim back a bush, and the flowers behind it can now blossom."

There are some things middle and high school students would rather discuss with an older sibling than mom or dad — like algebra shortcuts and crushes. Under the same roof, it's easy to ask. From a distance, it's harder.

"It takes a lot more preparation," said Michael Monaco, 18, a freshman at the College of William and Mary. He chats a few times a week with his sister, Mary, a seventh-grader, through online video. "It's almost like I'm talking to a friend."

The two discuss homework, things they have written and their favorite online game, Minecraft. Sometimes Mary worries that she's bothering him too much, "but it's just nice to see his face again," she said. (THE WASHINGTON POST)

## Fannie, Freddie May End Charity

### Washington

Fannie Mae and the Freddie Mac Foundation, the Washington area's two biggest contributors to local charities, will probably end their philanthropy in the next few years, with troubling consequences for nonprofit groups that focus on education and human services for the poor, children and families, predicts a study to be released Monday.

The two federal housing financing corporations gave nearly

\$100 million to 500 local organizations in the past four years, but they significantly cut their donations after the housing bust and financial crisis hit in 2008.

Since then, the corporations have been placed in conservatorship and have focused more of their giving on groups that address housing issues. It is unlikely that their giving will return to previous highs, according to a report by George Mason University's Center for Regional Analysis.

(THE WASHINGTON POST)

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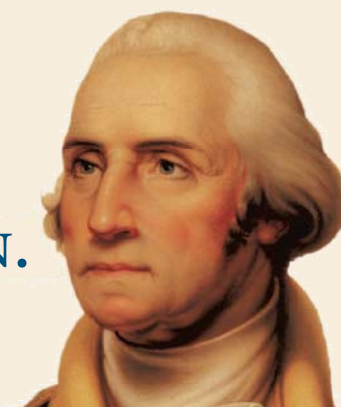
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|                              |           |
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| Evening Lucky Numbers (Sun.) | 8-6-4     |
| Mid-day DC 4                 | 7-3-5-6   |
| Evening DC 4 (Sun.)          | 8-3-6-7   |
| Mid-day D.C. Five            | 6-8-8-7-4 |
| Evening D.C. Five (Sun.)     | 4-5-6-6-7 |

##### Virginia

|                       |                |
|-----------------------|----------------|
| Mid-day Pick 3        | 6-8-9          |
| Evening Pick 3 (Sun.) | 9-1-2          |
| Mid-day Pick 4        | 0-5-8-6        |
| Evening Pick 4 (Sun.) | 7-5-6-7        |
| Mid-day Cash 5 (Sun.) | 7-10-22-27-30  |
| Evening Cash 5 (Sun.) | 17-23-28-29-31 |

##### Maryland

|                       |                    |
|-----------------------|--------------------|
| Mid-day Pick 3        | 1-8-3              |
| Evening Pick 3 (Sun.) | 1-1-9              |
| Mid-day Pick 4        | 4-9-6-8            |
| Evening Pick 4 (Sun.) | 2-7-9-7            |
| Match 5 (Sun.)        | 7-10-16-21-27 (36) |

All winning numbers are official only when validated at a claims location.



# Local

## In Brief



An engineer removes loose stones from the Washington Monument on Monday.

### WASHINGTON

#### Washington Monument Inspection Resumes

The National Park Service says engineers are resuming their inspection of the earthquake-damaged Washington Monument. The team was to continue its rappelling work Monday. Work was suspended both Saturday and Sunday due to the weather, including high winds. The Aug. 23. quake caused numerous cracks to form in the 127-year-old obelisk, which remains structurally sound. The engineers have been removing loose stone and mortar. (AP)

### RICHMOND, VA.

#### Study to Examine NoVa Commuting Patterns

Gov. Bob McDonnell says a broader view of commuting patterns is needed to reduce congestion in Northern Virginia. McDonnell announced Monday that the study, called Super NOVA, also will look at the effect of commuters from Maryland, West Virginia and D.C. traveling into the region. McDonnell says the goal is to develop a comprehensive plan to increase mobility. (AP)

### BALTIMORE

#### HBO Set to Start Filming 'VEEP' Series This Week

HBO is set to begin filming the series "VEEP" in Baltimore this week. "VEEP" is a comedy set near the White House. It stars Julia Louis-Dreyfus as a former senator who finds being vice president is not what she expected. The Maryland Film Office estimates that the five weeks of prep and eight weeks of filming and wrap of the seven episodes could have an economic impact of \$25 million and create more than 2,000 jobs for Maryland crew and actors. (AP)

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# Knox Cleared of Murder

Italian appeals court sets the American free after nearly four years behind bars

## Perugia, Italy

An Italian appeals court threw out Amanda Knox's murder conviction Monday and ordered the American freed, a stunning reversal four years after she was jailed for the sexual assault and stabbing death of her British roommate.

Knox collapsed in tears after the verdict overturning her 2009 conviction was read out. Her co-defendant and former boyfriend, Italian Raffaele Sollecito, also was cleared of killing 21-year-old Meredith Kercher in 2007.

The ruling clears the way for Knox to leave Italy, and about 90 minutes after the verdict was handed down, a convoy of cars was seen leaving the prison. Nothing in Italian law would prevent her from returning home to Seattle, even if prosecutors appeal to Italy's highest court, legal experts say.

"We're thankful that Amanda's nightmare is over," her younger sister Deanna Knox told reporters. "She suffered for four years for a crime she did not commit."

The trial has captivated audiences worldwide: Knox and Sollecito had been convicted of murdering Kercher in what the lower court said had begun as a drug-fueled sexual assault.

The eight-member jury acquitted Knox and Sollecito of murder after a court-ordered review cast serious doubts over the DNA evidence tying the two to the crime.

The jury had two options to



People gather Monday at the courthouse in Perugia, Italy, ahead of the overturned verdict in the appeals trial of Amanda Knox.

acquit: determining there wasn't enough evidence to uphold the conviction or that they simply didn't commit the crime. The jury determined the latter, clearing them completely.

The jury upheld Knox's conviction on a charge of slander for accusing bar owner Diya "Patrick" Lumumba of carrying out the killing. But he set the sentence at three years, meaning for time served. Knox has been in prison since Nov. 6, 2007.

The Kercher family looked on a bit dazed as the verdict was read

out by the judge after 11 hours of deliberations by the jury. Outside the courthouse, some observers shouted, "Shame, shame!"

Yet inside the courtroom, Knox's parents, who have regularly traveled from Seattle to Perugia to visit the 24-year-old, hugged their lawyers and cried with joy.

In Seattle, about a dozen supporters were overjoyed that Knox was cleared of the murder conviction. "She's free!" and "We did it!" they shouted at a hotel where they watched the proceedings on TV.

Earlier Monday, Knox tearful-

ly told the court in Italian she did not kill her roommate.

"I've lost a friend in the worst, most brutal, most inexplicable way possible," she said of the murder of Kercher. "I'm paying with my life for things that I didn't do."

Hundreds of observers gathered outside the courthouse ahead of the highly anticipated announcement, joining television vans that have been camped out for more than a week. One hundred reporters were allowed into the courtroom.

Also convicted in separate proceedings was Rudy Hermann Guede, a drug dealer and drifter from Ivory Coast, whose sentence was cut to 16 years in an appeal.

Lawyers for Knox and Sollecito believe Guede was the sole killer, but the prosecution and a lawyer for the Kercher family say that bruises and a lack of defensive wounds on Kercher's body prove that there was more than one aggressor. (AP)

## Key Dates



**2007**

**Nov. 2:**

The body of British student Meredith Kercher, 21, left, is found in the Perugia, Italy, apartment she shared with American Amanda Knox. Officials say Kercher was killed the night before.



**2007**

**Nov. 6:**

Knox is arrested with Raffaele Sollecito, and Diya "Patrick" Lumumba, owner of pub where Knox worked.

**2007**

**Nov. 20:** Lumumba, implicated by Knox's statements to police, is released from jail for lack of evidence.



**2007**

**Dec. 6:**

Ivory Coast national Rudy Hermann Guede is extradited from Germany, where he was arrested, and jailed upon arrival in Italy.

**2008**

**Oct. 28:** A judge indicts Knox and Sollecito on murder and sexual assault charges. Guede is convicted of murder and sexual assault and sentenced to 30 years in prison.

**2009**

**Jan. 16:** Trial of Knox and Sollecito opens in Perugia.

**2009**

**Dec. 4:** The court finds Knox guilty of murder and sexual assault and sentences her to 26 years in prison. Sollecito is also convicted and sentenced to 25 years.

**2010**

**Nov. 24:** Appeals trial for Knox and Sollecito opens.

**2011**

**Oct. 3:** An Italian appeals court clears Knox and Sollecito of their murder conviction and orders her freed immediately. (AP)

**"She was killed in our own apartment. If I had been there that night, I would be dead. But I was not there. I did not kill. I did not rape. I did not steal. I wasn't there."**

— AMANDA KNOX, ADDRESSING THE JURY MONDAY ABOUT THE 2007 MURDER OF HER ROOMMATE, MEREDITH KERCHER, IN ITALY. KNOX WAS CONVICTED OF SEXUALLY ASSAULTING AND MURDERING KERCHER IN 2009, BUT THE CONVICTION WAS THROWN OUT MONDAY.



## Sports

# At the Bye, All Is Well

Shanahan sees room to improve as Redskins enjoy a winning record

## The Redskins

There aren't many details that are too small for Redskins coach Mike Shanahan, so it's no surprise that he knows his team begins its bye week 72 days after it opened training camp. And there will be 84 days remaining in the season once the Redskins return to work next week.

While his players will disperse after a Tuesday morning practice, Shanahan will keep focusing on the tiniest of details, trying to figure out how to get more out of a 3-1 team that has already surprised many around the league.

**"We're 3-1. There's no need to look back at the way we got to 3-1."**

— REDSKINS TE CHRIS COOLEY

"I feel good about where we're at four games into the season," Shanahan said. "The thing we've got to do, though, is keep on getting better and, hopefully, we will."

Shanahan's goal was never simply to reach the season's quarter-pole with three wins. The coach's goals and expectations always extended well beyond the bye week.

"What you're trying to do is play your best football in November, December and January, and you want to keep on getting better through the season," he said Monday, one day after the team's 17-10 win at St. Louis. "And that's what



With 2.5 sacks on Sunday, **Brian Orakpo** is up to 3.5 in four games. As a team, Washington is excelling under defensive coordinator Jim Haslett's blitz-heavy scheme with 15 sacks. Rookie Adam Carriker, who has 2.5 sacks and scored a touchdown in week 1, gives Orakpo a partner in crime. The best number of all is 15.8 — the number points per game that the Redskins are allowing through the first quarter of the season. Another sign of improvement: Washington allowed 389.3 yards a game, next-to-last in the league, and through four games this year, that number is down to 296.5. (TWP)

There's a reason place-kicker **Graham Gano** had competition in training camp. And while Gano made the cut, his performance is nothing to brag about. The three kicks he has missed in 10 attempts were all from between 30 and 40 yards out. A blocked kick was the points difference in the Redskins' 18-16 loss to Dallas. On Sunday, a new problem arose on the special teams: two 15-yard penalties for early hits on punt returns. (EXPRESS)

I'm hoping we can accomplish for the remainder of the 12 games of the regular season."

Despite the impressive record and their comfortable spot atop the NFC East, each Redskins' win has also exposed plenty of flaws.

Sunday's sloppy victory over the winless Rams was littered with examples.

The team's best game of the young season on the ground (196 yards) was also its worst passing (143 yards). The Redskins were

penalized 10 times — the same total they were penalized in the previous three games combined. While Shanahan said the win marked the best defensive game of his tenure in Washington (seven sacks, 172 yards allowed), the offense managed only 17 points against a Rams team that had allowed an average of 32 points to its previous three opponents. Quarterback Rex Grossman held onto the ball through three quarters but threw two interceptions in the final quarter, giving



You hear all the "Good Rex, Bad Rex" talk, and it's totally true: **Rex Grossman** is a split-personality quarterback. For the second-straight week, he threw a silly interception deep in his own territory and again said he didn't see the middle linebacker who picked him off. Through four games, Grossman has thrown six touchdowns and has turned the ball over eight times. Combined with last season's three starts, he has 16 turnovers and 13 touchdowns as the Redskins' starter. (TWP)

## Good Omen

The Redskins — who are 3-1 after their victory in St. Louis on Monday — haven't taken a winning record into the bye week since 2008. In seasons they've carried a record of at least .500 into the bye, the Redskins have never finished the season with a losing record. Similarly, as a head coach, Mike Shanahan has never taken a winning record into the bye and posted anything worse than a .500 record at season's end. (TWP)

the Rams a chance to climb back in the game.

But there will be a lot of focus on Grossman well after the team returns from its bye week.

After opening the season with a 110.5 quarterback rating in the team's win over the New York Giants, Grossman's performance has steadily declined. His yards per game has dipped from 305 against New York to 291 against Arizona, 250 at Dallas and 143 at St. Louis. On the year, he has six touchdowns but seven turnovers.

"Every quarterback is going to be judged by if he wins or loses, that's the nature of the job," Shanahan said.

But Grossman's mistakes will continue to come under heavy scrutiny. The Redskins led 17-0 through three quarters on Sunday. Grossman threw two interceptions in the final quarter, opening doors for the winless Rams. For the second week in a row, Grossman said he failed to see a middle linebacker in throwing an interception.

"I think Rex is tough enough mentally to understand you're responsible for those interceptions, wipe it out and get ready to play the next game," Shanahan said.

RICK MAESE (THE WASHINGTON POST)

# Halpern Turns Back the Clock

Md. native returns to the Caps having regained his step

## The Capitals

Before going to sleep, Jeff Halpern would lay his workout clothes next to his bed, pack his hockey bag and sticks into the trunk of his BMW and put a bowl of cereal on the passenger seat. It was summer 2010, and the veteran center was in search of the step he had lost after a decade in the NHL and, along the way, surgery on both knees.

Halpern — who returned to the Capitals in the offseason after five years away from his hometown team — went wherever, and whenever, he could rent ice time. Often that meant a pre-dawn drive to Ashburn Ice House, a 35-minute commute from his Bethesda home. He became a blur of motion on the ice, moving backward on one skate while tossing a medicine ball to a partner, jumping over three-foot high hurdles spread five feet apart and blasting down the ice at full speed as local power-skating guru Wendy Marco, stopwatch in hand, barked out times.

The wakeup call came early and the work was exhausting. But the situation Halpern faced was dire: He was a 34-year-old coming off



Caps forward Jeff Halpern leaps over hurdles as part of his new training method.

a subpar season that had begun in Tampa Bay and ended in Los Angeles, where he recorded only two points in the season's final 16 games. He did not have a contract for the 2010-11 season.

## 'Career on the Line'

Halpern, a native of Potomac and the only NHL player born and bred in the Washington area, had his first practice with Marco after returning from Los Angeles — where Kings coach Terry Murray told Halpern his skating needed a major upgrade if he was to stay in the NHL. "This was his career on the line," Marco said.

## Backstory

Wendy Marco, the woman behind Jeff Halpern's resurrection, parlayed her background as a competitive figure skater into a career training hockey players. She began coaching in 1993, and 10 years later founded Cold Rush, a hockey academy that trains more than 800 students, ranging from Division-I players to 4-year-old mini mites. After a victory last season, Halpern paid Marco the biggest compliment a hockey coach can get: He thanked her, by name, on Hockey Night in Canada, the NHL's equivalent of "Monday Night Football." (TWP)

The first thing Marco sought to overhaul was Halpern's balance. Next, she worked with him to make his stride more efficient and explosive.

## Fast Results

In September 2010, Halpern signed a one-year contract in Montreal for \$600,000 — a \$1.4 million pay cut — the week before training camp opened. From the moment he stepped onto the ice with the Canadiens, the benefit of his reconstructed stride was apparent. He was getting to pucks he might not have reached previously. He was also more agile and had more energy between shifts. With the Canadiens, he had his most productive season since 2007-08, recording 11 goals and 15 assists in 72 games.

Then, a year after Halpern had to wait all summer for a contract, Washington called on the first day of free agency. Interested in added leadership to the locker room, the Capitals signed their former captain to a one-year, \$825,000 contract.

This summer, Halpern went back to work with Marco. But the focus was now on refining. Asked if he's faster now than he was at 25, Halpern said: "The biggest thing for me now is fighting the perception that you lose a step as you get older." **TARIK EL-BASHIR** (THE WASHINGTON POST)

## Crosby to Start The Season on Injured Reserve

### Pro Hockey

Pittsburgh Penguins star Sidney Crosby's return to the ice will have to wait a little longer. The team placed the former MVP on the injured list Monday, meaning he'll have to miss at least the first week of the season.

Crosby is continuing to recover from concussion-like symptoms from an injury sustained last January. He has been skating with the Penguins since training camp opened but has not yet been cleared for contact. The Penguins open the season Thursday at Vancouver. The earliest Crosby could return is Oct. 13 against the Capitals. (AP)

## TV Lineup

### PRO BASEBALL (2 P.M. THROUGH 8:30 P.M., TBS; 9:30 P.M., TNT)

Game 4 of the Rays-Rangers series begins a full day of playoff baseball, including Game 3 of the Phillies-Cardinals set, Game 4 of the Yankees-Tigers, and the Brewers try to sweep the Diamondbacks in the nightcap.

**SOCCER (8 P.M., ESPN2)** The New York Red Bulls host the Los Angeles Galaxy in an MLS matchup.

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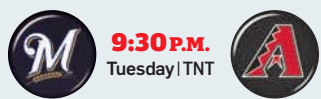
Artwork by Donna Butnik





## Sports

## Morgan Gives Brewers Personality



## Pro Baseball

Nyjer Morgan is making a name — or two — for himself.

Milwaukee's eccentric center fielder has spawned no less than four alter egos this season including Tony Plush and Tony Hush, and they're all helping to keep the Brewers loose as they take a 2-0 lead in their NL division series to Arizona for Game 3 Tuesday.

"It's good when you have a lot of different personalities on your

team. They all draw from each other. They don't feel like the spotlight's just on one guy. I think it's really healthy," Brewers manager Ron Roenicke said. "It's an awful boring team if you have guys with no personalities."

The former Washington insists he's Plush when he steps on the field because he's an entertainer, and all entertainers need stage identities. Out of Plush's persona have come characters like Tony Tombstone, Tony Gumble and Tony Hush.

Morgan's antics have mostly helped the Brewers.

And while stars Ryan Braun



Nyjer Morgan made big plays in both of the Brewers' playoff wins this series.

and Prince Fielder have started this NLDS a combined 9 of 16 with two homers and six RBI, Morgan is making a mark, too.

In Game 1, he initially couldn't

see a drive by Lyle Overbay due to sunlight filtering through Miller Park's windows, but caught it at the warning track and crashed hard into the wall in a 4-1 win.

In the Brewers' five-run rally in the sixth inning of Game 2, Morgan lashed the first pitch he saw for a two-run single in a 9-4 victory that puts Milwaukee on the cusp of its first postseason series victory since 1982.

"It's huge with the home-field advantage in our park," Morgan said. "But we've got to go there and take care of business and try to come home on Tuesday."

COLIN FLY (AP)

## Tiger Hits New Low in Rankings

## Golf

Tiger Woods is out of the top 50 in the world rankings for the first time in nearly 15 years.

Woods, who hasn't won in nearly two years, was assured of dropping from the top 50 when Louis Oosthuizen finished in a three-way tie for fifth in the Dunhill Links Championship.

That ends a streak of 778 consecutive weeks inside the top 50, dating to when Woods was No. 61 on Oct. 13, 1996.

Woods missed the cut at the PGA Championship in his last event. (AP)

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# fit



## Guinea Pig | Can't Believe It's Coconut

Let's suppose you're vegan. But you can't eat soy. You probably have bigger problems than difficulty finding a butter substitute. However, it can't hurt to hear that Earth Balance's new Coconut Spread (\$5, Whole Foods) is an impressive fake. It spreads smoothly, has a creamy texture and tastes like the real deal — except for an almost-imperceptible hint of sunscreen. Just be careful not to slather on too much. Like Land O'Lakes, a tablespoon-size serving has 11 grams of fat.

# Permanent Records

Tattoos provide a way for athletes to mark an accomplishment or transformation

John Bonacci Jr. had never put a tattoo on his body. But then, he'd also never run through a field of live wires or across burning straw, which are two of the obstacles required to complete a Tough Mudder (Toughmudder.com). So, last May, after getting to the finish line of the extreme event with his gang of buddies from Georgetown University, they all spontaneously decided to get inked.

They — along with more than 100 other participants in the debut challenge — took organizers up on their offer of free tattoos depicting a man running from flames. It was the brand's cheeky way of promoting how hard-core Tough Mudders really are, but they never imagined so many people would go for it at every single event. To keep numbers manageable, organizers recently had to start charging \$70 a pop.

"People are really into feeling like they're part of this tribe," says chief marketing officer Alex Patterson, who estimates there are already 750 folks walking around with the mark, including two guys who've gotten the entire Tough Mudder pledge inked across their backs.

Bonacci hasn't gone quite that far, but the 24-year-old's on his way to turning his midsection into a list of athletic achievements. His first tattoo was the Tough Mudder logo on his ribs. When he did a second Tough Mudder, he decided to add the outline of each state in which he completes an event. So far there's Pennsylvania, New Jersey and Vermont. After the

## Inc. Ink



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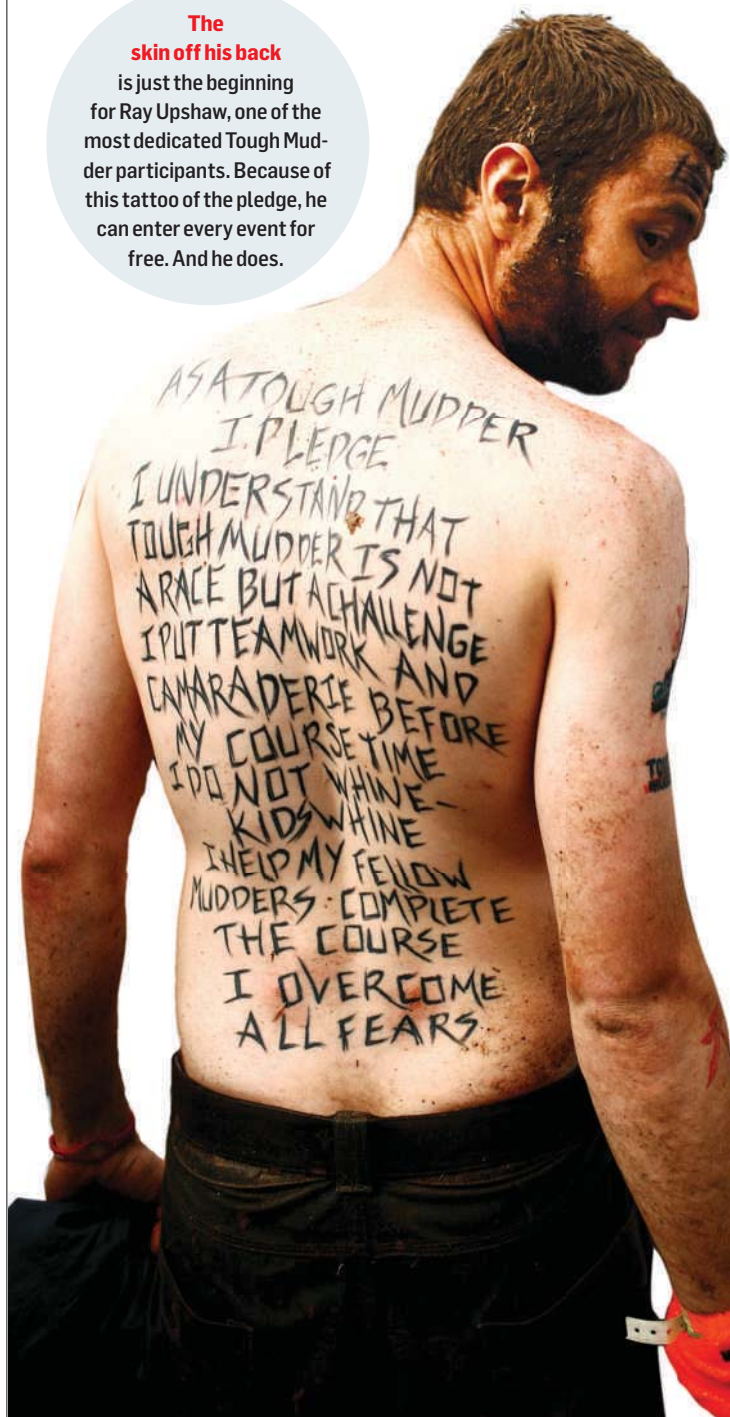
Convention-goers always wear badges. But usually they're not quite as permanent as the ones sported by the crowd at Anytime Fitness' annual conference. To prove their passion for the gym chain, which includes a dozen locations in the area, attendees queued up at the Omni Shoreham last Friday to get the company logo — a purple running man — tattooed onto their skin.

In a corporate culture that celebrates "bleeding purple," actually bleeding has resonated. So franchise owners, employees and members have all decided to go under the needle in recent years. If Anytime Fitness fans can't make the annual conference, they can get the tattoo on their own and send in a photo and the bill. The company has paid to ink more than 400 people, according to co-founder Chuck Runyon, who has a logo tattoo on his right shoulder.

Everyone in line had a different reason for taking the permanent plunge. To them, the purple man is more than a tattoo. It's a reminder to be healthy, a symbol of a rebirth and a way to remember a happy time — anytime. v.h.

## The skin off his back

is just the beginning for Ray Upshaw, one of the most dedicated Tough Mudder participants. Because of this tattoo of the pledge, he can enter every event for free. And he does.



weekend of Oct. 22-23, when Tough Mudder heads to Wintergreen, Va., he'll get the commonwealth on there, too. "Maybe it'll get down to my hip," says Bonacci, who plans to expand his race repertoire. "I want to do an Ironman, and I'm definitely getting a tattoo for that."

When it's time, he may want to visit Matt "Fatty" Jessup, owner of Fatty's Custom Tattoos in Dupont Circle. In his 20 years in the inking biz, Jessup has done his share of

**"Your mind doesn't say 'Let's run a marathon.' Getting a tattoo is a similar urge. It's not logical."**

Ironman logos. He's also seen plenty of marathoners who've wanted a lasting memento.

"I see the correlation between intense sports activities and tattoos," Jessup says. "Your mind doesn't say 'Let's run a marathon.' Getting a tattoo is a similar urge. It's not logical — it's primal."

And because tattoos date back thousands of years, just like yoga, it's not too surprising to find ink at most studios these days. "But it's not born out of an accomplishment. It's expression," says Michael Hall, founder of Mid City Yoga, whose back boasts a giant image of Ganesh. "I wouldn't have donated so much space on my body if it wasn't so meaningful to me."

Considering that the elephant-headed deity is known for clearing obstacles, the tattoo might be a useful one for Bonacci to consider, too.

VICKY HALLETT (EXPRESS)



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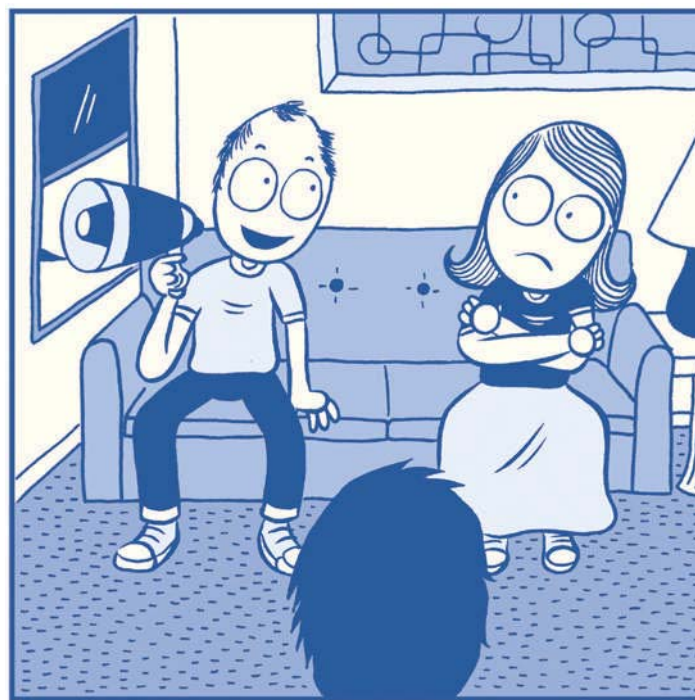
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## Smoking Out Another Problem

**Q** As for the pot-smoking husband [from the Sept. 6 column], I think the friend and you missed an important reason for her friend to not go out. She is afraid to leave her children home alone with the loser, stoner husband. I would be, too! **NO NAME**

Good point, no doubt. But I was by no means endorsing his pot-smoking. In fact, I actively condemned it! But it wasn't him writing in, or even his wife — it was his wife's friend. And the best way for her to keep the relationship strong with her friend — and thereby have more leverage later trying to get her friend to realize how bad things seem to be — is not to lecture about Just Saying No.

Plus, the chronic pot-smoking might be a symptom of something more important, such as depression or severe social anxiety, and not much good will come from focusing on it alone.

As for her being afraid to leave her children at home with her husband, she already does just that, for dozens of hours per week (he's a stay-at-home dad). An extra hour or two with a supportive friend who can help her sort things out is a small price to pay.

## Loose Lips Sink Relationships

**Q** My husband and I are in marriage counseling. We're trying to work things through, but it's hard. I want to keep things private, between us. He has been telling everyone in his family that we are in counseling. I don't think that is helping. What guidelines are there for this? **ON THE ROCKS**

There's no official rule book here. People's comfort levels with broadcasting their participation in counseling run the gamut, from keeping it secret from their spouses for many decades to discussing the ins and outs of it with the lady who rang them up at Target.

But with couples counseling, ideally, there's a united front, and going with the more conservative common denominator makes sense — especially if boundaries with his

family are something you're working on in therapy. But be willing to listen to why it's important to him to talk about it with other people, and whether you risk cutting him off from significant emotional support. It's also worth exploring whether you are unduly embarrassed about needing some help or overly concerned about crafting a falsely perfect image of your marriage. Therapy is a good arena for working this out, too.



By Dr. Andrea Bonior

Send your questions to Dr. Andrea Bonior at [baggage@readexpress.com](mailto:baggage@readexpress.com). Andrea is a local clinical psychologist and author of the book "The Friendship Fix" ([friendshipfix.com](http://friendshipfix.com)).

## Event Horizon Army Strong

Even if you're not one of the 30,000 folks who scored a bib for this year's Army Ten-Miler ([Armytenmiler.com](http://Armytenmiler.com)), which starts at 8 a.m. Sunday, you're invited to the pre-race expo Friday and Saturday from 10 a.m. to 7 p.m. at the D.C. Armory. Buy discounted running gear; see performances by the Old Guard Fife and Drum Corps; and check out a series of seminars on conditioning, nutrition for athletes and stress management. Then feel free to sleep in Sunday.

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# Baby's First Bites

Prep your kid's palate by introducing one new food at a time

You don't have to be a chef when you start introducing your baby to solid foods, but it doesn't hurt.

Eight-month-old Jackson Critchley might not be scarfing down fettucine in a spicy crab ragout — one of the popular pasta dishes his dad, John Critchley, serves as executive

chef at Urbana Restaurant and Wine Bar in Dupont Circle — but he's on his way. Dad and Mom are warming up their son's palate in baby steps.

Accustomed to preparing dishes with complex flavor pairings, Critchley has gone minimalistic in his own kitchen, steaming, pureeing or mashing bananas, potatoes, English peas, lentils and melons. He shops at his local farmers market in Alexandria to get the freshest produce of the season. After

enjoying watermelon and peaches all summer, Jackson is now sampling more autumnal fare such as acorn squash and pears.

Although Critchley mixes a little bit of a familiar flavor into a new one — e.g., peaches with sweet potato — to entice Jackson, he doesn't add any seasonings.

"These are all fresh vegetables from the farmers market, so they're all at the height of their season. The flavor is there. We

don't need to add salt or pepper to it," says the Culinary Institute of America grad.

Jackson gets the same new food every day for an entire week. "We're trying not to develop that 'I don't like that flavor,' picky eater part," Critchley says.

It's also a smart strategy, according to Ivor Horn, a pediatrician at Children's National Medical Center, to watch for allergic reactions such as rashes, diarrhea or vomiting. She suggests waiting three

**"We're trying not to develop that 'I don't like that flavor,' picky eater part."**

— JOHN CRITCHLEY, URBANA CHEF

days between introductions and completely avoiding potential common allergens such as honey, nut products, eggs, fish and wheat until the baby's first birthday.

"I think the big common mistake is starting solids too soon because they feel like their child is still hungry or they're not getting enough with the formula [or breast milk], but the child's oral motor skills are not ready for the

## Do It Yourself

### Puree Primer

John Critchley uses the Beaba Babycook to prepare baby food. Here's a how-to:

**STEP 1:** Find fresh, in-season local fruit or vegetable (1 lb.).

**STEP 2:** Steam ingredient until soft (about 15 minutes, depending on veggie or fruit).

**STEP 3:** Puree ingredient.

**STEP 4:** Separate puree into 2-oz. portions.

**STEP 5:** After feeding, refrigerate any unused portions.

introduction of solid foods," she says. Babies should be at least 4 months old and preferably 6 months before they get their first spoonful of food.

Making your own baby food like Critchley does isn't necessary, Horn says. And even the chef says prepared foods such as puffs and Cheerios are in Jackson's near future.

"Every family is different; every kid is different. You've just got to see what fits into your schedule," he says. After all, even he doesn't always feel like cooking.

STEPHANIE KANOWITZ

# When You're Eating for Two

Make room in the freezer for Momme Meals, dishes designed for max nutrition

When Kristen Bocanegra's friend gave birth in January 2010, she realized the new mom needed some babying, too. "I felt like I really wanted to do something for her, to try to help her out," Bocanegra says.

She stuffed her pal's freezer with foods full of calcium, iron and protein — crucial nutrients for a sleep-deprived, nursing mom. Every time she brought over her creations, including lasagna and white-bean soup, her friend seemed hungry for more. So Bocanegra conceived the idea of making a business out of preparing healthy, freezable treats for pregnant women and new mothers. After



COURTESY MOMME MEALS

Momme Meals' turkey chili gets a healthful boost from roasted red beets. One pound of it costs \$8.

a year of tweaking recipes and consulting with a registered dietician, the Alexandria resident started Momme Meals (momme-meals.com) in May.

Bocanegra makes her organic muffins (\$6 for six), soups (\$6 for 16 ounces) and entrées (\$7 to \$8) herself. "The premise of the product — and it's not something that I'm willing to move on — is that I have no additives, no preservatives, and almost everything that I make comes directly from Mother Nature," says Bocanegra, who prides herself on creative cooking. "You take something that you love and you break it down 50 different ways from Sunday and then you build it back up and start putting in things that you know are going to be nutritional." One favorite substitution: organic olive oil instead of butter.

The most popular items on her menu are

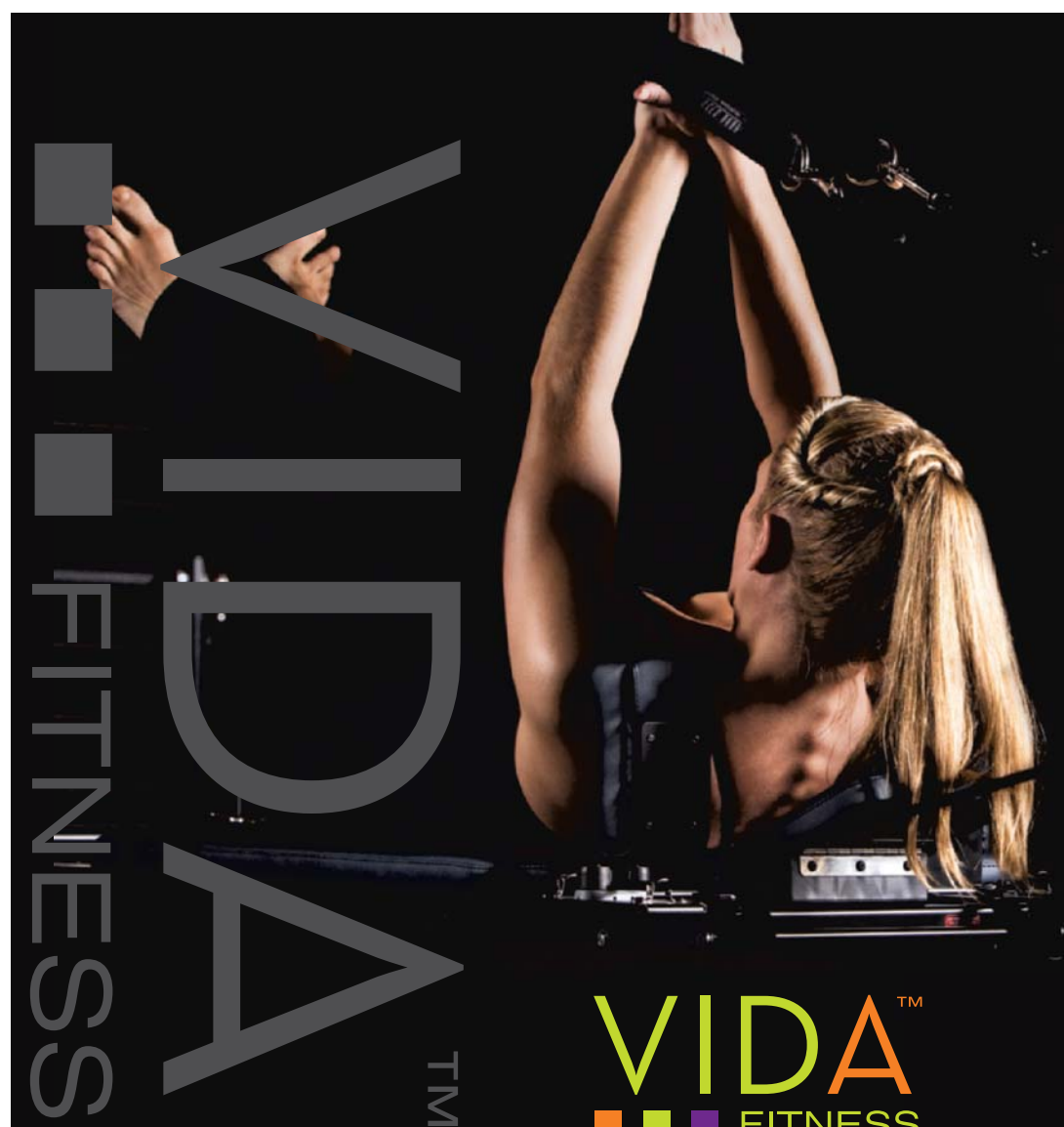
**"I felt like I really wanted to do something for her, to try to help her out."**

— KRISTEN BOCANEGRA, WHO WAS INSPIRED BY HER FRIEND'S PREGNANCY TO START MOMME MEALS

the green goddess soup (a blend of potatoes, onions, celery and spinach topped with aged Parmesan cheese), ruby red chili (that gets its color from roasted beets) and chocolate zucchini cardamom muffins (vegetarian treats made with white whole-wheat flour).

Momme Meals are available at the Del Ray Farmers' Market (Sat., 8 a.m.-noon; corner of East Oxford and Mount Vernon Avenues in Alexandria, Va.). Bocanegra will start offering delivery to D.C., Arlington and Alexandria this week. It's the least she can do for a mom who's just done some delivering of her own. S.K.





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Your brain pumps out GABA, a neurotransmitter that lets your head's sleep-wake center know it's sleepy time. GABA also helps deactivate much of the brain stem, which controls muscle movement. That's why when you dream about, say, playing tennis, you don't swing your arm.

If you're super-exhausted, your brain might shut down before your body is fully relaxed, leading to involuntary muscle contractions (those arm or leg jerks).

### In the first five minutes:

Your brain isn't conscious, but your senses are still online. A sharp noise or a poke would rouse you. As your blood pressure and heart rate slow

down, your eyes stop moving behind your lids and will remain sluggish for the rest of your snooze.

### In the next 20 minutes:

The accumulation of adenosine in your body breaks down. At the same time, your adrenal glands are readying a stash of cortisol to help you feel more alert when you wake up. Your immune system — thrown out of whack by fatigue — begins to reset itself.

### In the last five minutes:

Most naps don't go into deeper stages of sleep, but if you're seriously drained, you might enter rapid eye movement (REM). Snapping out of REM is harder and can leave you groggy. If you arise from a 30-minute nap and still feel wiped out, you need solid Z's. Catnaps can't fix real sleep deprivation.

Your alarm blares and, in a split second, your brain releases a rush of chemicals that turn off its sleep center and jump-start your body. Rested brain cells are now more capable and active. And thanks partly to low adenosine levels, you feel refreshed. **LAURA BEIL** (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



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SE EHO  
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SE eho

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Southeast EHO

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**\$20 APPLICATION FEE!**

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|-----------------------|----------------|
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| 1                     | \$44,580       |
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| 3                     | \$57,300       |
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Free Internet & cable (select 1 BRs only)

- Fitness Center on Property
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- Cathedral ceiling
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## MD RENTALS

## MD RENTALS

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- Gated Community
- Free Gas & Water
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- Free 6 week summer camp

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**OXON HILL**

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- FREE UTILITIES
- Swimming pool
- Free 6 week summer camp
- Private balconies/patios
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## MD RENTALS

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**Maximum income limits apply**  
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ROOMMATES

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# lookout



**Fascinating.**  
Leonard Nimoy will no longer visit 'Star Trek' conventions **35**

## Sound Bets



### Candy Land

**It's been 26 years** since Scotland's Jesus and Mary Chain unleashed the watershed "Psychocandy" LP, and its songs have been feeding back into my life ever since.

I still have the high-school notebook where I scrawled the opening lyrics to the song "Psychocandy"



By Christopher Porter

(which didn't make it onto the LP but was released in 1986 as a B-side): "The wind is screaming around the trees for my psychocandy."

Throughout college, I dressed like drummer Bobby Gillespie in the "Never Understand" video. And the song my wife and I danced to at our wedding was "Just Like Honey." The tune's not exactly about romance, but we both loved it and figured the inappropriate lyrics would fly over the heads of most in attendance.

The Jesus and Mary Chain's genius was its simplicity: Velvet Underground- and Phil Spector-inspired pop gems buried behind a curtain of white noise. The group's complete 1984-1986 output is now available in a two-CD/one-DVD reissue that collects "Psychocandy" along with B-sides, acoustic rarities, unreleased versions and live performances — 44 tracks in all. It's a snapshot of a band that influenced a generation — and a life.



Read Christopher's previous columns at: [expressnightout.com/soundbets](http://expressnightout.com/soundbets)

# Same as It Ever Was

'South Park's creators may be Tony winners, but the duo's warped humor hasn't changed

## Television

By some accounts, the world was created in six days.

On the other hand, it takes Matt Stone and Trey Parker seven of them to create a "South Park" episode. But then they get no day of rest before they start on the next episode.

As you're reading this, Stone and Parker and the "South Park" team are back from their midseason break in their 15th year and are under the gun. The episode they started from scratch last Thursday morning will be finished just hours before it's delivered to Comedy Central to air Wednesday at 10 p.m.

How do they do it? And why do it that way?

"I like the process of getting really excited about an idea on Thursday or Friday," Stone says, "and then there's a whole drama to the week:



"South Park" was created by Matt Stone, left, and Trey Parker, right.

**"South Park's main message is: 'We're all stupid; isn't that great?'"**

— MATT STONE, SERIES CO-CREATOR.

We jump into it, then on Saturday ... you start questioning it."

The process — propelled by sophisticated computer software, endearingly raw animation and an abundance of adrenaline — clearly works. After all these years, "South Park" has lost none of its edge, its scathing truthfulness or aversion to manners. Nor has it lost the funniness with which it views the world through the eyes of Stan, Kyle, Kenny and Cartman, four bratty, perpetually bundled-up youngsters in a Colorado town.

A few months ago, "South Park" marked its midseason break in an unsettling way: without the

shrewdly heartwarming resolution with which most episodes end. Stan had celebrated his 10th birthday, at which point he was consumed by disgust at everything he loved as a 9-year-old. His favorite foods, music, games, friends — he saw them all as crap. Literally. Graphically. With accompanying fart sounds.

His jadedness was echoed by the grown-ups in South Park. "How much longer can we keep doing this?" Stan's mother asked his dad. The episode ended as something of a cliffhanger.

Some "South Park" fans were alarmed. Perhaps Stone and Parker were feeling burned out, or, with the big-time, nine-Tony-winning success of "The Book of Mormon," they were ready to move on.

"We weren't really in that dark of a place," Parker says. "But we were feeling those feelings of getting older and getting a bit more cynical about things."

Still, "South Park's" main message is: "We're all stupid; isn't that great?!" Stone says. "Not, 'Hey, YOU'RE all stupid,'" Parker says, "but, 'Hey, WE'RE all stupid.'"

Or, as Stone later puts it, "We're all stupid." And farts."

FRAZIER MOORE  
(AP)

## How It's Made

To see the process by which each "South Park" episode is made, watch "Six Days to Air: The Making of 'South Park,'" a one-hour documentary on Comedy Central on Sunday at 10 p.m.





# Physics to the Rescue!

Nobel Prize winner Richard P. Feynman is immortalized as a hero in a new comic

## Books

It is a sad fact — an endlessly rehashed symbol of just what is wrong with America — that we make heroes of athletes but not mathletes, that we write comic books about men with capes but not real men with calculators.



Feynman

That is, until now.

There is a new graphic novel called “Feynman” (\$29.99, First Second Books). The hero is a particle physicist. Not, mind you, just any particle physicist. The people’s particle physicist. The cute one. Richard P. Feynman, “The Great Explainer,” 1965 Nobel Prize winner, player of bongos, seducer of women, launcher of thousands of dreamy-eyed physics majors. Even for those who haven’t taken a science class since 11th grade, referencing Richard Feynman (1918-1988) is a somewhat fashionable pursuit — the quirk, the flair, the devil-may-care. As much as represent-



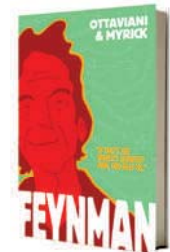
“Feynman” offers a graphic biography of physicist Richard P. Feynman’s life.

ing science for scientists, his attitude seemed to represent science for the scient-ish — kookiness that was brought to the mainstream in

his autobiography, “Surely You’re Joking, Mr. Feynman.”

In “Feynman,” read about how the irrepressible and colorfully

sketched Ph.D. pulls pranks on his fellow researchers on the Manhattan Project. Watch as the rascally professor solves the Dirac Equation. Observe as



the hard-partying genius boldly calls Niels Bohr by his given name, instead of by his code handle, “Nicholas Baker.”

In one panel of the 300-page book, Feynman spins dinner plates to unlock secrets of quantum mechanics; in another, he humiliates a NASA official during the Rogers Commission investigation of the Challenger explosion.

“His work on the atomic bomb, his efforts in supercomputing, his participation on the Rogers Commission — he got his fingerprints all over the 20th century,” says “Feynman” author Jim Ottaviani (the illustrator is Leland Myrick).

“For decades, there has not been an issue of the Physical Review,” he says, reverentially, “that did not have a Feynman diagram in it.”

Twenty-three years after Feynman’s death, he is still treated as science’s wacky brother-in-law, the smart but unpredictable one, the one you keep telling stories about long after he runs off to Bora Bora.

MONICA HESSE (THE WASHINGTON POST)

# Bluths Back in Business

## Television

At an “Arrested Development” reunion Sunday at the New Yorker Festival, the creators and cast announced plans for a new TV show that spins off the critically acclaimed sitcom, which went off the air in 2006 after three seasons. They also discussed concrete plans for a long-rumored movie.



Bateman

Creator Mitch Hurwitz said the spin-off (tentatively set to shoot next summer) will feature nine or 10 episodes focusing on each character and leading up to the movie.

The Fox show, which suffered low ratings despite its rabid fan base, starred Jason Bateman, Michael Cera and Will Arnett. They played members of the Bluths, a dysfunctional family who ran a collapsing real estate development company and a frozen banana stand.

The movie doesn’t have a release date, Hurwitz said, adding that while the creative aspects have been worked out, the business side is still being negotiated. (AP)

expresstout.com



top stops

## 1 Back on Broadway

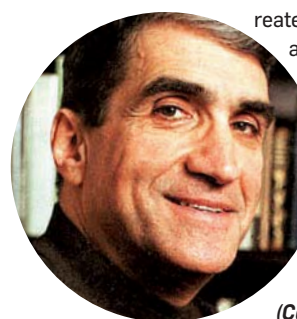
We feared that four-time Tony Award-winner Audra McDonald would abandon theater for television when she landed a major role on “Private Practice,” but instead she left the small screen at the end of the show’s fourth season and is set to start previews as Bess in Broadway’s new “Porgy and Bess” in December. In the meantime, you can see her in concert right here. **Kennedy Center, 2700 F St. NW; 8 p.m., \$25-85; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

## 2 Blame Him for ‘My Super Sweet 16’

The ancient Roman poet Lucretius seems like a fairly obscure hook on which to hang all of modern thought, but Harvard scholar Stephen Greenblatt argues just that in his new book, “The Swerve: How the World Became Modern.” Lucretius’ work, rediscovered in 1417, got some folks thinking, “Maybe we should appreciate the material world rather than just hold out for a better afterlife.” **Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)**

## 3 The People’s Poet

Robert Pinsky has achieved as much fame as is possible for a modern poet to achieve. He’s been poet laureate of the U.S., a voice on “The Simpsons” and a guest on “The Colbert Report.” His reading tonight is inspired by the Folger’s exhibition on the King James Bible, “Manifold Greatness,” but let’s be real: Pinsky can read whatever he wants, and nobody’s going to stop him. **Folger Theatre, 201 East Capitol St. SE; 7:30 p.m., \$15; 202-544-7077, Folger.edu. (Capitol South)**





# TV tonight **lookout**

## Best Bets

NBC  
8:00

### The Biggest Loser

VIP tickets to the Super Bowl await a lucky "loser" in this NFL-centric episode, which finds the contestants competing against professionals, such as the New Orleans Saints' Drew Brees, shown, in a football-throwing contest.



CBS  
8:00

**NCIS** Lily Tomlin guest-stars as Penelope Langston, McGee's grandmother, who, to everyone's surprise, turns out to have a connection to the NCIS team's latest case: the murder of a Navy lieutenant.

CW  
9:00



**Ringer** Still posing as Siobhan, Bridget (Sarah Michelle Gellar, shown) joins Andrew, Gemma and Henry in the Hamptons to celebrate her birthday. While there, Henry attempts to rekindle his affair with Siobhan, and Gemma gets some disturbing news. (TRIBUNE MEDIA)



ANIMAL PLANET

VIKING WILDERNESS

## Nature at Its Best

APL  
9:00

Far in the northernmost reaches of the world, this epic and ancient landscape features some of nature's most enduring spectacles. Brown bears war over territorial rights, deer clash in duels, and regal birds fight to the death. It's all part of the incredible drama that plays out in this breathtaking new series capturing Northern Europe's wilderness. (TM)

## Fashion



### Make It Work

In the new series "Mad Fashion" (10 p.m., Bravo), "Project Runway" alum Chris March, shown, and his eccentric team create unique and outrageous fashions for his varied clients—including a Mardi Gras float outfit for Jennifer Coolidge and a gown for Chrissy Teigen to wear at the MET Costume Gala. Of course, the road to a happy delivery and fitting can be fraught with drama. (TM)

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# lookout online



▲  
“There was some excellent TV journalism on ‘60 Minutes’ last night, none of which had anything to do with Andy Rooney. But of course the big news is that Andy Rooney closed the show for what we hope will be a final time, which was preceded by a 13-minute interview/retrospective puff piece about the curmudgeonly 92-year-old. Here’s the short version: Andy Rooney is a real [jerk].”

— **WARMINGGLOW.UPROXX.COM** isn’t going to miss Rooney, who filed his final report with the CBS newsmagazine show Sunday.



▲  
“Diddy certainly won’t be winning any Mr. Congeniality awards anytime soon, will he? This is some of the most juvenile, self-entitled behavior we’ve seen from a major star in some time. Seriously, Diddy? We’ll be drinking anything but Cîroc from now on, thank you.”

— **IDOLATOR.COM** plans to boycott the music mogul’s line of vodka after video surfaced of Diddy publicly berating a man for not drinking Cîroc at a nightclub after the BET Hip Hop Awards.

▲  
“First ‘Arrested Development’ is coming back, and now this? TV gods, you guys are having a wonderful week. You’re now almost forgiven for ‘Whitney’. Almost.”

— **BUZZFEED.COM** is glad that “The Wonder Years,” starring Fred Savage, above right, is now streaming on Netflix.



▲  
“The name is Bond. Stringer Bond.”

— Washington City Paper’s **@MIKEMADDEN** tweets about the possibility of the star of HBO’s “The Wire,” Idris Elba, possibly playing the next James Bond, a rumor Elba addressed on NPR’s “Morning Edition” on Monday.



▲  
“She may not match Prince, but she’s better than Paul McCartney and certainly an upgrade over 2011’s apocalyptic amalgam of the Black Eyed Peas, a half-dead Slash and Usher. So, if we can accept that the NFL’s not going to give us any relevant new music (like, say, Jay-Z and Kanye West), then fans could certainly do worse than Madonna, right?”

— **SBNATION.COM** reacts to reports that Madonna has been approached to play the halftime show of Super Bowl XLVI in Indianapolis.

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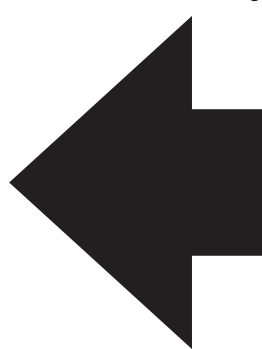


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# puzzles lookout

## Horoscope

**LIBRA** (Sept. 23-Oct. 22) You may be waiting for someone else to come through before you are able to swing into action. A Cancer native figures prominently.

**SCORPIO** (Oct. 23-Nov. 21) You have what someone else needs, and today is a good day to step forward and offer both resources and services.

**SAGITTARIUS** (Nov. 22-Dec. 21) Certain inclinations must be kept under control today or you will find yourself the subject of speculation.

**CAPRICORN** (Dec. 22-Jan. 19) The talk of late is that you are not what you claim to be — though this needn't be interpreted negatively. Indeed, certain secrets prevail.

**AQUARIUS** (Jan. 20-Feb. 18) You're not feeling confident, and the apparent cause does not seem to be clear. A new approach may be required.

**PISCES** (Feb. 19-March 20) You may find yourself in a situation that no one else would want to be in — and yet, for some reason, you can get enjoyment from it.

**ARIES** (March 21-April 19) Details overlooked by others are yours to study and manipulate. Create something that is useful.

**TAURUS** (April 20-May 20) There are changes in store, but you may find yourself quite resistant — at least for now. You'll want to see how others do first.

**GEMINI** (May 21-June 20) You can do something special for someone else without calling much attention to yourself — and that's just the way you like it.

**CANCER** (June 21-July 22) You'll want to keep moving in order to keep your energy up. If you slow down, you're sure to feel tired and sluggish.

**LEO** (July 23-Aug. 22) You may think you're nearing the end of a phase, but the changes you perceive are not really telegraphing the end of anything.

**VIRGO** (Aug. 23-Sept. 22) Take extra time to clear up a misunderstanding before it is allowed to grow out of proportion — and out of control.

## Scrabble Grams

PAR SCORE 145-155, BEST SCORE 222

|                |                |                |                |                |                |                |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
|                |                |                |                |                |                |                |
| A <sub>1</sub> | O <sub>1</sub> | U <sub>1</sub> | U <sub>1</sub> | S <sub>1</sub> | V <sub>4</sub> | C <sub>3</sub> |

Triple Word Score

|  |
|--|
|  |
|--|

RACK 1

|                |                |                |                |                |                |                |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
|                |                |                |                |                |                |                |
| E <sub>1</sub> | I <sub>1</sub> | O <sub>1</sub> | C <sub>3</sub> | L <sub>1</sub> | B <sub>3</sub> | P <sub>3</sub> |

|  |
|--|
|  |
|--|

RACK 2

|                |                |                |                |                |                |                |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
|                |                |                |                |                |                |                |
| A <sub>1</sub> | E <sub>1</sub> | E <sub>1</sub> | L <sub>1</sub> | M <sub>3</sub> | D <sub>2</sub> | R <sub>1</sub> |

2nd Letter Double

|  |
|--|
|  |
|--|

RACK 3

|                |                |                |                |                |                |                |
|----------------|----------------|----------------|----------------|----------------|----------------|----------------|
|                |                |                |                |                |                |                |
| A <sub>1</sub> | I <sub>1</sub> | I <sub>1</sub> | K <sub>5</sub> | R <sub>1</sub> | C <sub>3</sub> | S <sub>1</sub> |

|  |
|--|
|  |
|--|

RACK 4

### Yesterday's Solution

|                   |                |                |                |                |                |                |          |       |
|-------------------|----------------|----------------|----------------|----------------|----------------|----------------|----------|-------|
| S <sub>1</sub>    | I <sub>1</sub> | C <sub>3</sub> | K <sub>5</sub> | E <sub>1</sub> | E <sub>1</sub> |                | RACK 1 = | 12    |
| C <sub>3</sub>    | O <sub>1</sub> | T <sub>1</sub> | T <sub>1</sub> | A <sub>1</sub> | G <sub>2</sub> | E <sub>1</sub> | RACK 2 = | 60    |
| D <sub>2</sub>    | E <sub>1</sub> | V <sub>4</sub> | I <sub>1</sub> | A <sub>1</sub> | T <sub>1</sub> | E <sub>1</sub> | RACK 3 = | 69    |
| D <sub>2</sub>    | E <sub>1</sub> | T <sub>1</sub> | R <sub>1</sub> | A <sub>1</sub> | C <sub>3</sub> | T <sub>1</sub> | RACK 4 = | 70    |
| PAR SCORE 150-160 |                |                |                |                |                |                |          | TOTAL |
|                   |                |                |                |                |                |                |          | 211   |

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   |   | 8 |   | 4 | 3 |   |   | 7 |
| 1 |   |   |   |   |   |   |   | 5 |
|   |   |   | 6 |   |   | 5 | 9 |   |
|   |   |   | 8 |   | 7 |   |   | 6 |
| 6 |   |   |   | 9 |   | 2 |   | 3 |
| 3 |   |   |   |   | 8 |   | 2 |   |
|   |   |   | 9 | 5 |   |   | 1 |   |
| 2 |   |   |   |   |   |   |   | 8 |
|   | 4 |   |   |   | 2 | 8 |   | 5 |

### Yesterday's Solution

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 | 9 | 4 | 6 | 8 | 1 | 5 | 7 | 2 |
| 1 | 7 | 8 | 9 | 5 | 2 | 3 | 4 | 6 |
| 5 | 2 | 6 | 3 | 7 | 4 | 9 | 8 | 1 |
| 2 | 5 | 1 | 4 | 3 | 6 | 8 | 9 | 7 |
| 7 | 4 | 9 | 2 | 1 | 8 | 6 | 5 | 3 |
| 8 | 6 | 3 | 5 | 9 | 7 | 2 | 1 | 4 |
| 9 | 1 | 5 | 7 | 2 | 3 | 4 | 6 | 8 |
| 4 | 8 | 2 | 1 | 6 | 5 | 7 | 3 | 9 |
| 6 | 3 | 7 | 8 | 4 | 9 | 1 | 2 | 5 |

**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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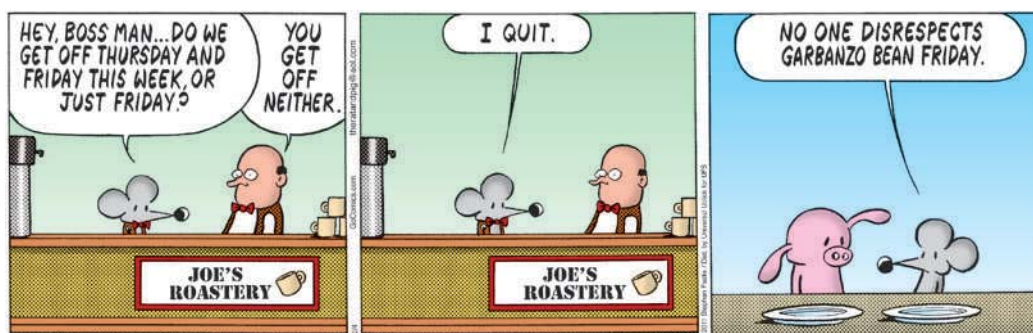
## Comics

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### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**66** | **52**

**Today:** Partly sunny and breezy today. Clear tonight.

**75** | **49**

**Tomorrow:** Mostly sunny, pleasant and warmer tomorrow. Clear tomorrow night.

### Looking Ahead

**THU** **FRI** **SAT**  
**70** | **51** **73** | **55** **77** | **57**

### Sun and Moon

Sunrise today: 7:06 a.m.  
Sunset today: 6:47 p.m.  
Moonrise today: 2:43 p.m.  
Moonset today: none

### Almanac

Normal high: 73  
Record high: 92  
Normal low: 55  
Record low: 35

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# lookout puzzles

## Crossword

### TAKEN FOR A RIDE

#### ACROSS

- 1 \_\_\_\_vu
- 5 Canter, for one
- 9 Ballesteros, with driver
- 13 Met highlight
- 14 Like '70s fashions, now
- 15 Quartet with one out sick?
- 16 He robs travelers
- 18 Genesis forecast
- 19 Slackens
- 20 Lex Luthor, to Superman
- 22 Ripening agent
- 24 Female rabbit
- 25 Places to get screwdrivers
- 28 "Norma \_\_\_\_" (Sally Field film)
- 30 \_\_\_\_ Sketch (classic drawing toy)
- 34 Edible submarines
- 36 \_\_\_\_ Schwarz (toy store)
- 38 Ethan or Joel, " Fargo" makers
- 39 Neither right-wing nor left-wing
- 42 S-shaped molding
- 43 Start of a Musketeer credo
- 44 Album cover
- 45 Address south of the border
- 47 " \_\_\_\_ Rosenkavalier" (Strauss opera)
- 49 "Not \_\_\_\_ eye in the house"
- 50 \_\_\_\_ Plaines, Ill.
- 52 Stitched
- 54 Psychologist's prescription, perhaps
- 58 Atlantic swimmer
- 63 Indonesian island
- 64 Romantic parking place
- 66 Serb or Croat
- 67 Respond to the rooster
- 68 Ostrichlike birds
- 69 Brazil-born soccer legend
- 70 Duo in a score
- 71 Recedes to the sea

#### DOWN

- 1 "James and the Giant Peach" author
- 2 One of the Great Lakes

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
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| 16 |    |    |    |    | 17 |    |    |    |    |    | 18 |    |    |    |
| 19 |    |    |    |    |    |    |    | 20 |    | 21 |    |    |    |    |
|    |    |    |    | 22 |    |    | 23 |    | 24 |    |    |    |    |    |
|    | 25 | 26 | 27 |    |    | 28 |    | 29 |    | 30 |    | 31 | 32 | 33 |
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| 39 |    |    |    |    |    | 40 |    |    |    | 41 |    |    |    |    |
| 42 |    |    |    |    | 43 |    |    |    | 44 |    |    |    |    |    |
| 45 |    |    |    |    | 46 |    | 47 |    | 48 |    | 49 |    |    |    |
|    |    |    | 50 |    | 51 |    | 52 |    | 53 |    |    |    |    |    |
| 54 | 55 | 56 |    |    |    | 57 |    | 58 |    |    | 59 | 60 | 61 | 62 |
| 63 |    |    |    |    | 64 |    | 65 |    |    |    |    |    |    |    |
| 66 |    |    |    |    | 67 |    |    |    |    |    | 68 |    |    |    |
| 69 |    |    |    |    | 70 |    |    |    |    |    | 71 |    |    |    |

EDITED BY TIMOTHY E. PARKER

- 3 Lively dances
- 4 Sounds coming from a doctor's office
- 5 Old Faithful, for one
- 6 24 hr. banker
- 7 Tehran locale
- 8 Got in shape (with "up")
- 9 Part of a rapper's reputation
- 10 Epochs
- 11 Eight, in old Rome
- 12 Eternities
- 14 Pealed
- 17 Sneaky one
- 21 A real stooge
- 23 Sweepstakes
- 25 Yellowish brown shade
- 26 Elizabeth of cosmetics fame
- 27 Where rich cowboys shop?
- 29 Take in nourishment

- 31 Dove or pigeon, or times
- 32 Difficult to lift
- 33 Shorthand for a burglary: B \_\_\_\_
- 34 Med. insurance groups
- 35 "Under the \_\_\_\_" ("The Little Mermaid" song)
- 37 Sounds of understanding
- 40 Ancient
- 41 African antelopes
- 46 Stephen of "The Crying Game"
- 48 Playtime at school
- 51 Bug-hitting-the-windshield sound
- 53 Donned
- 54 Cookbook abbr.
- 55 Fit as a fiddle
- 56 Israeli airline
- 57 Yesteryear

- 59 Beat a hasty retreat
- 60 Foot in a poem
- 61 Deliberate slight
- 62 Myra the pianist
- 65 Diesel of Hollywood

#### Yesterday's Solution

|    |   |   |   |    |    |    |   |   |   |    |    |    |   |   |   |
|----|---|---|---|----|----|----|---|---|---|----|----|----|---|---|---|
| 2  | C | H | I | C  | 6  | P  | I | T | C | H  | 9  | S  | A | D | E |
| 13 | R | U | T | H  | 18 | A  | D | O | R | E  | 19 | C  | R | O | W |
| 14 | A | L | E | E  | 18 | S  | I | R | E | N  | 19 | A  | I | D | E |
| 25 | M | A | R | C  | 21 | T  | O | N | E | 22 | A  | R  | D | O | R |
| 23 | A | P | P | E  | 23 | K  | A | R | N | 24 | F  | L  | A | B | B |
| 28 | S | H | A | R  | P  | 26 | S | C | R | A  | B  | B  | L | E |   |
| 34 | S | H | A | R  | P  | 26 | O | C | E | A  | N  | 29 | L | E | D |
| 34 | S | O | T | S  | 38 | B  | R | A | N | T  | 39 | C  | A | A | N |
| 43 | M | O | N | O  | 41 | S  | M | A | R | T  | 42 | C  | H | I | N |
| 43 | M | O | N | O  | 43 | P  | O | L | Y | 43 | H  | E  | A | R | T |
| 46 | T | I | C | 46 | B  | O  | O | R |   |    |    |    |   |   |   |
| 48 | C | O | L | I  | N  | 51 | O | R | A | N  | 52 | A  | B | E | D |
| 57 | O | L | I | O  | 54 | A  | D | O | B | E  | 55 | D  | A | R | E |
| 57 | O | L | I | O  | 56 | R  | I | T | E | S  | 57 | E  | R | I | C |
| 62 | T | E | A | S  | 58 | K  | N | E | L | T  | 59 | S  | E | E | K |

## Today in History

- 1957** The Space Age begins as the Soviet Union launches Sputnik 1, the first artificial satellite, into orbit.
- 2001** Rickey Henderson homers to pass Ty Cobb and become baseball's career leader in runs scored with 2,246.
- 2010** The Supreme Court begins a new era with three women serving together for the first time as Elena Kagan takes her place at the end of the bench.

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people **lookout****MARRIAGE****Wedding Ends With the Sad Sigh of Broken Bromances**

Seth Rogan and his longtime girlfriend, writer Lauren Miller, married Saturday in Sonoma, Calif., assorted media outlets reported. Judd Apatow, Jonah Hill and Paul Rudd were among the 250 guests. "Every other line was a joke, and the crowd couldn't contain their laughter," a source told Us magazine.com. "It was nonstop fun!" the source added. (EXPRESS)

**SHAME****Next Time You Call in Sick, Think of Poor Kevin Sorbo**

Kevin Sorbo, star of the late-'90s syndicated action series "Hercules," survived three strokes while working on the show, he tells Neurology Now. After he

work up one morning barely able to talk, doctors ran tests and concluded that he'd suffered an aneurysm in an artery near his shoulder. During surgery, doctors found he'd had two additional strokes. (EXPRESS)



FRAZER HARRISON/GETTY IMAGES

"The Vulcan salute is NOT THAT HARD. Just have your fingers fused together in this position, and then extend your thumb."

**FAREWELLS****We'll Always Have Praxis**

Leonard Nimoy attended what he says was his final "Star Trek" convention, on Sunday in Rosemont, Ill. The 80-year-old actor gave fans the four-fingered Vulcan salute and intoned Mr. Spock's most famous phrase, "Live long and prosper." Nimoy spoke about his life and career, and thanked fans for their support. (AP)

**Tributes****Vegetable Matters**

Snoop Dogg has honored a Welsh gardener with a YouTube message. In the video, the rapper invites Ian Neale, who is awaiting confirmation that his 85-pound rutabaga set a world record, to visit him backstage at his Cardiff show Oct. 8. (EXPRESS)

**BABIES AND WEDDINGS****Real-Life Pregnancy Causes 'Office' to Jump 10th Shark**

Jenna Fischer and her husband, Lee Kirk, welcomed their first child, a boy, on Sept. 24, assorted media sources confirmed. The baby is named Weston Lee. Fischer's pregnancy was written into "The Office," on which her character, Pam, is expecting a second child. (EXPRESS)



**"Honestly, this isn't my dream job, but it's still fun because I do have a blast at the parties I go to pretending to be him. It's just a lot of fun making little kids freak out."**

— ANTHONY DE LA TORRE, A BOWLING GREEN, OHIO, JUSTIN BIEBER IMPERSONATOR. THE 17-YEAR-OLD CHARGES UP TO \$600 PER HOUR.

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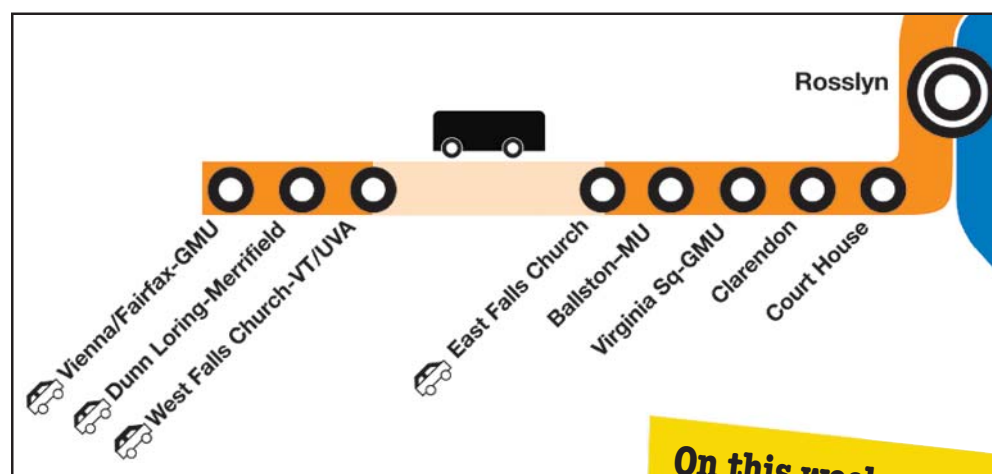
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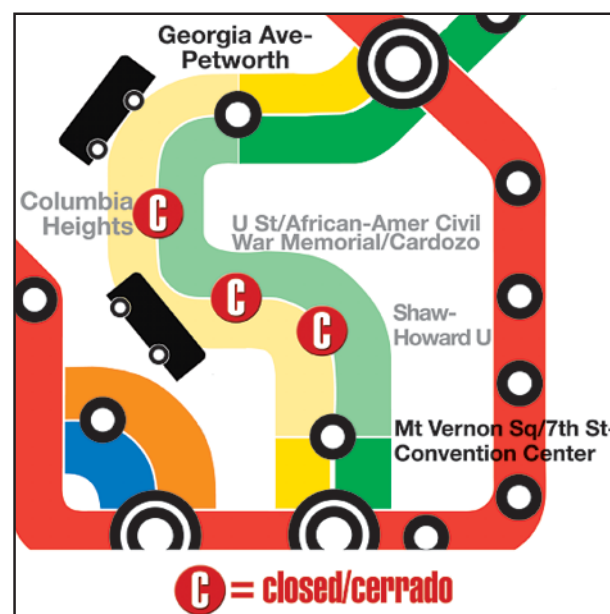


# Weekend Track Work

**From 10 p.m. Friday, October 7th through closing Monday, October 10th:** Buses replace trains on the Orange Line between West Falls Church and East Falls Church. Buses also replace trains on the Yellow/Green Line between Mt. Vernon Sq. and Georgia Ave.



**On this weekend,  
Metro will perform  
work to help enhance  
your riding experience  
and keep Metrorail in  
a state of good repair.**



Temporarily suspending train service on the Orange Line is necessary while Metro welds rail ends for a smoother ride and installs switches for the Dulles extension. The Yellow/Green Line closure is needed to install NTSB-recommended switches. For information on free shuttle bus service, parking and alternate routes, please visit **MetroForward.com** or call 202-637-7000. Track work projects like this are part of Metro's commitment to building a better ride for you.

**M forward**  
metro a better ride for you